



Seven Seas Omega-3 Fish Oil plus Cod Liver Oil plus Calcium

Uses

Dosage

Adults: one capsule a day with a cold drink.

Format and Ingredients

Capsule containing:
Fish Oil Blend 500mg, Of which Cod Liver Oil 153mg,
Providing Omega-3 Nutrients 120mg, Of which EPA, and DHA
100mg, Vitamin D 5µg 100, Vitamin E 10mg ?-TE 83, Calcium
267mg 33,